

Second seniors' proposal for Catholic land

A 71-unit four-storey "Seniors Living" development is being proposed to be built on Catholic land at the corner of Morris St and West St, Umina.

The \$22 million proposal is the second recent proposal for Seniors Living developments on Catholic land on the Peninsula.

The West St proposal follows the recent approval and commencement of a 37-unit Seniors Living development on rare bushland owned by the Catholic Church at the corner of Veron Rd and Hillview St, Umina.

Proceeds from the sale of the developments will be used to finance the new Catholic church in Woy Woy, as well as with pastoral care.

The proposed development to be known as "Tewantin" is for people aged over 55.

Development adviser, former real estate agent Mr Jim Hawkins, has asked residents to inspect plans for the proposed development before signing a petition against it.

Mr Hawkins, who is the acting trustee for the development,



An artists impression of the proposed development

said that a petition had been launched against the proposed development.

"I just want people who are registering their vote to be educated about the proposed development," Mr Hawkins said.

Mr Hawkins said the main issue raised in the petition was the height of the proposed development.

The development has a four-storey frontage to West St, which is stepped back to three and two storeys as it falls further into the development site.

"Less than 10 per cent of the development is four storeys".

Mr Hawkins said the more units, the more cost effective the proposal would be.

He said that 50 per cent of the proposed development would be open space, and would include community facilities.

"The only way to offset density and to retain open space was to go vertical," Mr Hawkins said.

The proposed development contained no steps into the home, with living area, kitchen, bedroom,

shower, toilet and handbasin all on one floor in all units.

The units are also said to be wheelchairs access friendly, with lifts provided to access all units.

Mr Hawkins also noted security as an important part of the development, with access only for residents or those allowed in by residents.

He said 50 per cent of the units would be sold for under \$500,000.

Mr Hawkins invited people to view the plans at Hawkins Property Corp, 191 West St, Umina.

He said a poster of the proposed development would also be provided in the businesses window.

"I just want to get rid of the fallacies and the hysteria about the development," Mr Hawkins said.

"I don't mind people stating their opinion as long as they are educated about the proposal."

Mr Hawkins said the development had taken two years to research and would fully comply with State Environment Planning Policy for Seniors Living developments.

Lyle Stone, 14 Aug 2007



Redevelopment of the Catholic church site at Umina will help fund the building of the new Catholic church at the corner of Victoria and Blackwall roads Woy Woy

Developer seeks change to consent

Proposed changes to development consent conditions for a retirement village being built in rare bushland owned by the Catholic Church at 45 Hillview St, Woy Woy, are being advertised for public comment.

Developer JJ Zavolokin has lodged two applications for amendments to consent conditions.

In the first application, Mr

Zavolokin has applied for changes to conditions which relate to signage and the implementation of a bush management plan under a conservation covenant.

The second application is to "amend/delete conditions of consent" for the associated subdivision approval.

In both cases, approval is sought from the Department of Environment and Climate Change.

The comment period closes on September 14.

Public notices, 15 Aug 2007
Gosford Council

THIS ISSUE contains 52 articles. Read more at www.PeninsulaNews.asn.au

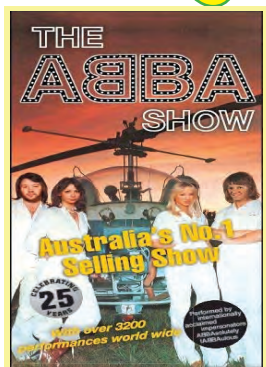
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BEFORE & AFTER HOURS AND WEEKEND APPOINTMENTS AVAILABLE

Hayley speaks commendably

Two Peninsula students represented Empire Bay Public School on Monday, August 13, in the Central Coast Public Speaking Competition.

Hayley Norris from Year 3 and Laura Oliver from Year 4 joined 20 speakers from other Central Coast schools.

Each student presented a prepared two to three minute

speech and later given five minutes to prepare for a one-minute speech on "Happy Times".

"Both girls spoke remarkably well on the day," said principal Ms Sharon McEvoy.

"Hayley received a Highly Commendable award for her speeches."

Newsletter, 15 Aug 2007
Sharon McEvoy,
Empire Bay Public School



Fire fighters attend a small blaze opposite the Spike Milligan Bridge

James Bond car winners

The winners of the James Bond Car Competition have been drawn.

The winners were D Marin and Merryl Cameron of Umina Beach, Adam Mitchell of Blackwall and Alan Lumb of Pearl Beach.

Each winner will receive one of the James Bond Car Collection Models.

Matt Hopkins, 14 Aug 2007

Peninsula News

Community Access

Peninsula News is owned by Peninsula Community Access Newspaper Inc., an incorporated, non-profit association. Its aims include providing a viable, non-partisan news medium and forum exclusively for the Peninsula and developing a sense of community on the Peninsula.

Association President and Editor: Mark Snell

Commercial operator: Cec Bucello for Ducks Crossing Publications

Journalists: Lyle Stone, Clare Graham Graphic design: Justin Stanley

Contributors: Stuart Bauman, Matt Hopkins

Committee: Carolyn Carter, Stephen McNamara, Mark Snell

Declaration of interests

Honorary editor: Mark Snell

Owner and managing director, Open Windows Consulting Pty Ltd

Convenor, Burrawang Bushland Reserve Committee

President, Australian Conservation Foundation Central Coast branch

Chairman, Equilibrium Community Ecology Inc

President, Central Coast Bush Dance & Music Association

Vice-president, Brisbane Water Secondary College Umina Campus P&C

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Deadline: August 29 Publication date: September 3

Contributions

Letters to the editor and other contributions are welcomed and should be addressed to: Peninsula News PO Box 532, Woy Woy 2256. Contributions should be in Word format sent via email to: mail@peninsulanews.asn.au, on disks or by handwritten letter if these facilities are not available to you. Contributions must include the date, your name, address and phone numbers. Name and Suburb will be published. Anonymous contributions will not be included. Submissions may be published in edited form. All accepted contributions also appear on our website.

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Calling for votes

Peninsula News is currently calling on its readers to vote for the Peninsula's most popular restaurants, cafes and take-away food outlets.

Peninsula restaurants, cafes and takeaway food outlets have been invited to participate in the new competition, the inaugural "Peninsula News Most Popular Food Outlet" Awards.

There will be three sections; takeaway, meals under \$20 and meals over \$20.

The winning outlets will each receive a framed certificate as a permanent memento of their success.

Additionally, Peninsula News will publish a group article on the three competition winners.

Entry has been restricted to food outlets trading in post code areas 2256 and 2257.

The outlet in each category with the most votes will be judged the winner.

Readers are now asked to complete an entry form in Peninsula News to select their favourite food outlets in each of the three categories.

The entry form is located on page 9.

Reader entry forms will need to be posted or faxed to Peninsula News by September 13.

Entries can be posted to Peninsula News Most Popular Food Outlet Competition, PO Box 532, Woy Woy, 2256.

They can also be faxed to 4325 7362.

The winners will be published in edition 174 of the Peninsula News.

All readers who voted for each winner will go into a draw to win the \$50 meal at the winning food outlet.

Each reader can only enter once and can only win one of the three prizes.

Cec Bucello, 18 Aug 2007

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Plans submitted

Gosford Council has resolved to submit its revised Ettalong Beach Reserve Plan of Management and Ettalong Beach Dune Management Plan to The Department of Lands for its review for adoption.

Funding options for foreshore stabilisation works adjacent to Lance Webb Reserve will also be investigated as a high priority and a report sent back to council on this matter.

Supporters both for and against the motion appeared at council's meeting on Tuesday, August 14, to debate the matter.

Those in favour of the proposal held up placards reading "Our Beach is For Everyone" and "We Want Our Beach Back".

Long time activist for the protection of the Ettalong dunes Ms Margaret Lund spoke against the proposal, stating that council needed to find "immediate funding" to perform sand replenishment.

"The Pattison and Britton report recommends regular sand replenishment in this area," Ms Lund said.

"The Department of Land agrees, and states that it is 'overdue'.

"You can not progress without providing immediate funding for this requirement."

Ms Lund also called for studies for foreshore stabilisation by an independent expert, referencing the storms of June 8.

"These plans are a sham."

Cr Terri Latella spoke against the

plan also, saying it provided "no surety for the prioritization of the Lance Webb reserve".

"Because of that lack of surety, I will not support the motion," Cr Latella said.

Cr Latella said she also spoke against the plan as she felt it was important to have a coastal engineer look at all of the council's coastal foreshore area.

"I wanted to see that coastal engineer work with council to ensure areas are protected from beach erosion."

Cr Latella said she did not wish to "take the beach area away from the community", but stressed the need to look at natural forces such as climate change.

"We need to plan for the future."

Cr Trevor Drake said it was time to move the plans forward.

"I have heard what Margaret Lund said, and I'm quite aware of the erosion," Cr Drake said.

"Plans (for the site) date back to the mid-90s.

"Plans have been drawn up and proposals made, and I think it is time we moved this forward.

"Move it forward so other investigations can be made."

Cr Drake acknowledged that funding for work near Lance Webb Reserve was a problem, and also noted a ban on offshore sand-mining as a possible hurdle to sand replenishment in the area.

"I believe the only way to move this forward is to vote in the affirmative."

Council agenda CIT.22, 14 Aug 2007



Debra Wales with members of the Ettalong Beach Heritage Committee and local business owners

Committee 'ecstatic' at foreshore approval

Ettalong Beach Heritage Committee member Ms Debra Wales has congratulated Gosford Council for adopting Ettalong Beach Foreshore Management Plan at last Tuesday night's council meeting.

"We are ecstatic that the Ettalong Beach Foreshore Management Plan has been adopted.

"Council should be congratulated for their decision," Ms Wales said.

"The plan is part of the town centre improvements under Gosford Council's Financial Strategy which commenced in 1998.

"Over the years the town beach has overgrown with weed invested scrub and has become unsafe and inaccessible to the public.

"Regrettably, as a result of poor maintenance over the years, the beach degradation has reached an unacceptable point with vegetation

spreading unchecked almost to the high tide mark.

"This has resulted in the beach being inaccessible to the families and visitors to the area."

Ms Wales, who took credit for initiating the beach restoration project, said that the aim was to restore the beach to its heyday when families could "safely use the beachfront and enjoy the protected waters".

"It's been a long battle but we were determined to see our once beautiful beach restored so that everyone could enjoy the waterfront, the magnificent views and calm waters as we did years ago," Ms Wales said.

"Our committee did everything Gosford Council and the State Government required.

"We completed all possible environmental surveys, went through extensive community consultation and liaised with all the

relevant government departments.

"Whilst we are glad that the plan has finally been adopted, it really has taken way too long and as a result we have lost many opportunities over the years."

Ms Wales said the plan would now go back to the Department of Lands for gazettal after which work can commence.

"Council will now formalize an application to the Federal Government's Regional Partnership for dollar-for-dollar funding and will be seeking the Member for Robertson Mr Jim Lloyd's support," Ms Wales said.

"If successful this Federal funding will supplement the existing funds already available for the works associated with the town beach."

Press release, 15 Aug 2007

Debra Wales,

Peninsula Chamber of Commerce

Shooting charge

Brisbane Water Police have charged a man following a shooting in Umina on August 10.

Police were called to Donald St shortly before midnight and found a man suffering a serious gunshot wound to his thigh.

The 51-year-old man was taken by ambulance to Gosford Hospital where he underwent surgery.

A 53-year-old man was arrested at Gosford Police Station and a shotgun seized for forensic examination.

He was charged with wounding with intent to murder and firearm offences.

He was refused bail until his appearance in Gosford Court on August 11.

**Press release, 11 Aug 2007
NSW Police Media**

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Forum

Long live a drug-free life!

For many, many good reasons, it is best to avoid drugs and alcohol, as much as possible.

There are so many health and behavioural problems that arise from substance abuse.

In Australia, we are expecting an epidemic of early-onset dementia, just from today's large amount of drug and alcohol use, including prescription medications.

Where people were losing their faculties at the ages of 60, 70 and 80, those ages will become 40, 50 and 60.

Schizophrenia is also on the rise.

This is frequently linked to the

Forum

abuse of drugs and alcohol.

There is a specific brain tumour which is only found in the brains of cannabis smokers.

Brain shrinkage is also commonly seen in those with a high alcohol use.

The behavioural changes that go along with drug and alcohol use are: Domestic violence, assaults (including rapes), crime, unemployment, poor hygiene, not looking after health problems (and therefore causing more ill-health), risk taking (often causing falls, accidents) and an inability to use

machines well (work accidents, car crashes).

Long-term drug and alcohol users can become homeless and sometimes end up in prison.

One behaviour that goes along with drug and alcohol use is kleptomania.

It is interesting to note that long-term drug and alcohol users cannot help but steal items.

Be very aware that no drug is "harmless", "OK" or "safe".

Work very hard to keep up your good health.

You deserve to live a long and prosperous life.

Juanita Hutchesson
Umina

Woy Woy Bridge

Forum

In regard to the letter by Mr Fountain and the naming of the pedestrian cycleway bridge at Woy Woy (6 Aug 2007), I wish to advise that my correspondence to Council is calling for the bridge to be named the "Woy Woy Bridge".

This can be confirmed by any elected Councillor as all were sent a copy of the letter.

Perhaps Mr Fountain should be more concerned with his own suburb as he lives in Erina and does not reside on the Woy Woy Peninsula.

I congratulate the Peninsula News for having such wide readership.

Marie Andrews, MP
Member for Gosford
Woy Woy

More forum on page 14

Foreshore protection issues ignored

In reference to "Rename bridge, says Andrews" (Peninsula News, 6 Aug 2007) as a resident of the Peninsula I would welcome a reversal of Gosford Council's decision.

Yes, the Spike Milligan Room at Woy Woy Library is sufficient tribute to the late English comedian.

Forum

Of the 35,000 plus residents of the Peninsula, surely the 346 signatures collected by Rod Fountain of Erina cannot possibly be viewed as a fair and representative percentage of those in favour of naming the bridge after Spike Milligan.

By the removal of any person's name, whether living or dead, from this structure, no one can be snubbed or overlooked.

I would suggest Rod Fountain take up a "cause" in his own backyard, and leave the Peninsula residents to sort this out themselves.

Ann Bubici
Umina

In passing a motion to submit Ettalong Beach Foreshore Plans to the Department of Lands for adoption, Council has clearly put the interests of business ahead of the community.

In failing to incorporate the priority concerns raised by the Department, about immediate sand replenishment and a foreshore stabilization plan for the Lance Web Reserve, it has completely ignored all the issues of foreshore protection.

These needs have been so clearly expressed all along our coastline, by the increasing adverse weather conditions.

These plans, which reduce the protection for Town Beach available from the well-vegetated dune system and provide no

Forum

Letters to the editor should be sent to:
Peninsula News
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See Page 2 for
contribution conditions

solution to the erosion in Lance Web Reserve, are not in the community's interests.

Unfortunately our grandchildren will have to deal with the consequences of these short-sighted decisions.

Margaret Lund
Woy Woy Bay

Why should bridge be named?

I must admit that I am also one of those persons who was unaware that the Council had a public survey re the naming of the new cycle bridge at Woy Woy.

I feel that it is an insult to many


Forum


local people who, through their community work, are far more deserving of the honour.

Personally I cannot understand why a bridge has to be named at all.


I note that Rod Fountain, who previously put his two cents worth in, referred to the "sleepy town of Woy Woy" does not even live in the area but resides at Erina, an area of lesser population than Woy Woy.

Lawrence Huntington
Woy Woy





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Dirty water brings 500 complaints

A recent bout of dirty water on the Woy Woy Peninsula resulted in around 500 complaints, according to Gosford Council's director of water and sewerage, Mr Rod Williams.

Mr Williams said the same bout of dirty water was caused by one of two major failures of a pressure reducing valve, which resulted in 10 main breaks over two months.

"The Gosford Council water quality in terms of discoloured water has been better than average against other water authorities except for the Woy Woy Peninsula," Mr Williams stated.

"Gosford Council has experienced two major failures of its pressure reducing valve on the trunk main that supplies the Peninsula over the last two months.

"The first one resulted in nine main breaks, and two weeks ago we had another failure of the valve resulting in one major main break which led to some 500 complaints of dirty water in the Woy Woy Peninsula area out of 13,000 homes.

"We have undertaken a number of initiatives over the last two to three years.

"These include the installation of an aeration or mixing system in Mangrove Creek Dam to reduce the amount of iron being dissolved.

"We have also installed pre-chlorination of the water treatment plant to further reduce iron and magnesium coming into our system."

Mr Williams said the Woy Woy Peninsula had "a number of system problems" arising from its construction.

"These include a large number of dead ends, unlined cast iron mains, unlined fitting valves and fire hydrants," Mr Williams said.

"In the past we have addressed the problems as they have arrived.

"Our response has also been limited due to the drought and our

Water Mains Cleaning Program Peninsula



The Water Main Cleaning program is designed to reduce the incidence of dirty water in the Peninsula area, using air scouring and mains flushing.

Over the last couple of weeks, cleaning has been completed in the northern Ettalong Beach and parts of Umina Beach.

Over the next few weeks, suburbs due to be cleaned include streets south of Bangalow Street, Palm Street and the area between the street needs to be interrupted in order to be cleaned. 'Interruption to Supply' to all affected properties.

For a map of areas due to be cleaned over the next few weeks, visit www.gosford.nsw.gov.au, or visit one of Council's Customer Service Centres. For the causes of discoloured water and what to do if you call the Council's Customer Service Centre on 4325 8000.

Part of an advertisement published on behalf of Gosford City Council

inability to flush the mains.

"A special project team has been setup to address this problem in a comprehensive manner to address the problem from a system perspective and to deliver a number of sub-projects including re-flushing of the mains, replacing unlined pipes and fittings and improving treatment processes to reduce the incidence of dirty water."

Mr Williams said a report on the program would be provided to council in the near future.

Mr Williams said that dirty water was a problem experienced by all water authorities in Australia.

"A Cooperative Research Centre (CRC) for water quality and treatment was established over a decade ago to assist the water authorities with this problem," Mr Williams said.

When Cr Vicki Scott asked if the water on the Peninsula was safe to drink, Mr Williams said that water at the water treatment plant and in the system was tested against the Australian Standards and "at all times meets these standards".

"We have also tested the discoloured water and it also meets

these standards," Mr Williams said.

Mr Williams original comments were in response to Cr Peter Hale, who asked about the current situation with dirty water on the Peninsula.

Council agenda Q.86, Q.87, 7 Aug 2007

Cross removal is temporary

EnergyAustralia has temporarily relocated a memorial cross at Hillview St, Woy Woy, after replacing a power pole earlier last week.

The memorial cross was in remembrance of Senior Constable Chris Thornton, who lost his life in a car accident in 2002.

An EnergyAustralia spokesperson said the cross had to be temporarily removed so the

new pole to be placed in the correct position.

"Energy Australia spoke with the local police, who consulted the family of the deceased police officer, before the cross was temporarily relocated," the spokesperson said.

"The cross has been temporarily located nearby and will be returned closer to its original position near the pole within three weeks."

Clare Graham, 17 Aug 2007

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Ettalong Senior Citizens Centre from 1pm & Umina Library from 2pm

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20 Blackwall Road or PO Box 223 Woy Woy

PH: 4342 4122 FAX: 4341 2368

Email: marie.andrews@parliament.nsw.gov.au

News



Minister Della Bosca, Bruce Penton, Stephen Clarke, Donna Lalor, Belinda Neal and Mike Galey (TWU Organiser)

Bruce Penton is recognised

Umina resident Mr Bruce Penton has been presented with an award for his role in organising the recent Central Coast Convoy for Kids.

Minister for the Central Coast Mr John Della Bosca has thanked the committee and sponsors and presented a special community

service award to Mr Penton, "a driving force behind the popular event".

"The award recognises outstanding community spirit and was presented to Bruce Penton for his contribution to the Central Coast Convoy for Kids," Mr Della Bosca said.

"Bruce Penton has been the driving force behind the Convoy for Kids since its inception in 1996.

"Because of his dedication and commitment to this event, the Convoy for Kids undoubtedly remains one of the most popular events on the Central Coast.

"This year over 300 trucks took part in the event and attracted a crowd of over 30,000 people."

Mr Della Bosca said the Convoy for Kids has raised funds for various children's charities on the Central Coast.

"Since 1996 beneficiaries include the Children's Ward at Gosford Hospital, Fairhaven, the Child Abuse Prevention Services and the Samaritans," Mr Della Bosca said.

"The Convoy for Kids has also generously donated resources to many of our local schools, such as books and resources."

Press release, 10 Aug 2007
John Della Bosca,
Minister for the Central Coast

Farewell for Bruce Edgell

The Broken Bay Parish of the Umina Uniting Church will farewell its Minister, the Reverend Bruce Edgell, at a special "Closure of Ministry" service on Sunday, August 26, at 10am.

The service will be held at the Uniting Church on the corner of Neptune St and Ocean Beach Rd, Umina.

Parish secretary Ms Annette Strong said: "All interested folk are warmly welcome to the service".

Mr Edgell commenced his ministry at Umina Uniting Church in April 1997.

Amongst his full and active time, Mr Edgell encouraged and witnessed the redevelopment of the Umina property and the opening of the Community Centre in December 2000.

"This centre is proving to be

a huge asset with numerous community groups using it," Ms Strong said.

Mr Edgell was also the special religious education coordinator for local primary schools.

His wife, Helen, served on the board of Religious Education Ministry for local high schools and was a specialised reading teacher at Ettalong Public School.

"Both Bruce and Helen have greatly served the church and community during their 10 years residence and will be sorely missed," Ms Strong said.

"They are wished a long, healthy and happy retirement at Mannering Park."

Mr Edgell officially retires on August 31.

Press release, 16 Aug 2007
Annette Strong, The Broken Bay
Parish of the Uniting Church

Two walks planned

The National Parks and Wildlife Service will be holding two walks during September.

The first will take place at Broken Bay while the second will be held around Umina and Patonga.

The Broken Bay walk will be held on Monday, September 3, in Brisbane Water National Park.

The lunch stop will provide "scenery overlooking Broken Bay".

The walk is over five kilometres and involves "some hills and steps".

Participants have been asked to bring walking shoes, water, snacks, lunch and weather protection.

The walk will start at 10.30am and will run for five hours.

The cost to take part in the event is \$7 for adults and \$5 for seniors.

Participants have been asked to meet next to the Pearl Beach Car Park.

For bookings, telephone 4320 4205 before noon on the Friday prior to the event.

The Service will also be having a bush walk on September 16

which will be a walk from Umina to Patonga.

The tour will be a scenic walk from Umina to Patonga via Pearl Beach, returning via the Postmans Track and the Crommelin Native Arboretum.

The walk involves a steep climb from Patonga with views over Broken Bay and beyond.

Participants have been asked to bring walking shoes, snacks, lunch, water and weather protection.

The walk has a total length of 15kms.

The walk will commence at 9.30am and will last five hours.

The price of the walk is \$7 for adults and \$5 for children aged 12 and over.

The meeting place for the walk will be given on booking.

Participants have been asked to book by noon on the Friday prior to the walk.

Bookings can be made by telephone 4320 4205.

Newsletter, 18 Aug 2007
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Bob Seal receiving his award with Member for Peats Ms Marie Andrews, NSW Premier Mr Morris Iemma and his wife Judy Seal



Pat Gilroy with her niece Fiona and daughter Elizabeth, Ms Andrews and Mr Iemma (not in order)

Honoured with awards for community service

Two Peninsula residents were honoured with NSW State Government Community Service Awards at the Central Coast Regional Cabinet held in Wyong last month.

Premier Mr Morris Iemma presented Mr Bob Seal and Mrs Pat Gilroy with engraved plaques recognising their "tireless commitment to the community".

The two local residents were nominated for the award by their Member for Gosford Ms Marie Andrews.

Ms Andrews said she was pleased the nominations were successful and celebrated the occasion with Bob, Pat and their families at a civic reception with the Premier.

Mr Bob Seal has been involved

in the Scouting movement since 1940 both in Australia and the United Kingdom.

Bob was appointed Assistant Scout Leader on 27 January 1953 in the UK and worked his way up to become Gosford District Vice-President on April 1 last year.

He still retains this position and that of NSW State Headquarters Personal Leader Adviser and Hunter and Coastal Region Honorary Commissioner.

He was appointed as an Honorary Commissioner in 1990 in recognition of his many years of dedicated service to the Scout Association.

Bob assists the Regional Commissioner as a general contact person and trouble shooter and also co-ordinates a scouting

supporters group on the Central Coast.

Although Bob carries out all the duties required of the positions he holds within the Scouting movement, he still assists in the running of several groups in his locality of lower Central Coast.

"Bob has never forgotten that the young people are the prime beneficiaries of the Scouting principle and he always strives to ensure a safe and happy environment for them," Ms Andrews said.

"Bob Seal's long service to the Scouting movement and the community as a whole has made him an outstanding recipient of a Community Award."

Mrs Pat Gilroy settled in Woy Woy in 1961 after moving from

Cheshire England.

She was a founding member of Woy Woy Little Theatre which is one of the oldest amateur live theatres still in existence.

"Pat was tireless in her lobbying for Woy Woy Little Theatre to have its own premises located within the grounds of Peninsula Community Centre in Woy Woy," Ms Andrews said.

"She attended endless meetings at Gosford Council and was untiring in her quest to raise community awareness of theatre on the Peninsula."

Pat has served Woy Woy Little Theatre in many roles including president, secretary, actor, director and costume and design assistant.

"Through the years of her

involvement with Woy Woy Little Theatre, Pat has fostered the talents of many locals from the age of eight to 80," Ms Andrews said.

"She was also involved in bringing theatrical experience to the detainees at Mt Penang Juvenile Detention Centre, now known as Frank Baxter Juvenile Justice Centre.

"Pat spent many hours at Mt Penang, talking, acting and teaching the boys there and also participated in several plays that were performed at the facility.

"Whilst Pat is no longer an active member of Woy Woy Little Theatre, she maintains a keen interest in the theatre and is a most worthy recipient of a Community Award."

**Press release, 16 Aug 2007
Marie Andrews, Member for Peats**

Chopper to take trees

A helicopter will assist in the removal of trees from the Wondabyne and Woy Woy Rail Corridor on September 1 and 2, according to RailCorp.

RailCorp stated that, due to access issues, a helicopter would be used.

It also noted that aircraft noise would be heard during the day in the area.

Other track work in the area will involve the installation of overhead wires and power poles, as well as the installation of a new platform canopy.

Work will commence at 2am on Saturday and continue through to early Monday morning.

Alternative transport arrangements, most likely buses, will operate during the track work period.

**Pamphlet, 14 Aug 2007
RailCorp**

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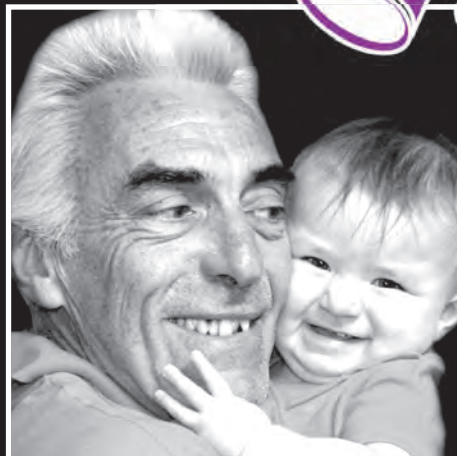


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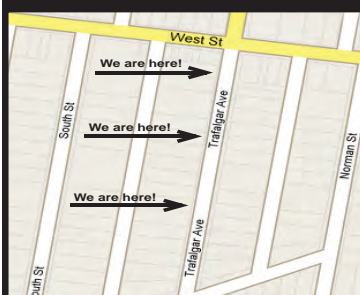
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Band members play at charity concert

Three Peninsula residents will join other band members on September 30, as part of the Brisbane Water Brass charity concert.

Keith Mannix and Ken Townsend of Daleys Point, and Herbert Ryan of Umina will perform at the Pink Rhythm Charity Concert at Gosford RSL, West Gosford.

Band member Mr Larry Powers said the band's' first ever charity concert would be an entertaining afternoon of music and song.

"All of the money raised on the day will go to the North Sydney Central Coast Area Health Service

toward the purchase of much-needed breast cancer diagnostic equipment," Mr Powers said.

"It is now time for us to use our musical talents and put something special back into the community that has so enthusiastically supported us since our beginning."

The band will be performing with the Sing Australia Gosford Choir.

The concert begins at 2pm.

Tickets are \$15 and are available from Gosford RSL or by telephoning 4368 1042.

Organisers said pre-booking is advised.

Clare Graham, 16 Aug 2007



The new bike lockers at Woy Woy Railway Station

Woy Woy now has 90 bike lockers

The NSW Ministry of Transport and Gosford Council have installed bike lockers at the Woy Woy commuter car park, the northern and southern concourses of the railway station, and west of the Charlton St roundabout.

Gosford Council claims "the highest number of bike lockers for public use in NSW, with 90 lockers now installed at four Woy Woy

locations".

"The lockers protect bikes against vandalism, theft and weather extremes and can be hired for 50 cents a day," said Gosford mayor Cr Laurie Maher.

"We now have 142 bike lockers across Gosford City, located at Point Clare, Niagara Park, Lisarow and Narara railway stations as well as at four Woy Woy locations.

"This will encourage commuters to cycle to a railway station and

secure their bikes for their return journey."

Council stated that commuters who cycle part of their way to work will help cut greenhouse gas emissions while improving their fitness levels.

For further information on hiring a locker, visit www.bicyclensw.org.au or call council's Cycleway Officer on 4325 8929.

Press release, 13 Aug 2007

Marion Newall, Gosford Council

Car boot sale

The Lions Club of Woy Woy will be holding its monthly car boot sale on August 26, from 8am until 1pm.

General household bric-a-brac as well as trash and treasure will be on offer, along with drinks, plants, tea, coffee and barbecue food.

Stall holders are charged \$10 per stall with all proceeds shared

amongst local causes in the community.

The boot sale will be held on the corner of Ocean Beach Rd and Erina St, Woy Woy.

For further information, telephone 4341 4151 or 4369 8707.

Press release, 11 Aug 2007

Elmo Caust,

The Woy Woy Lions Club

Vote now for your favourite food outlets and you could win one of nine \$50 meals at your favourite place.

Competition closes September 13

Take Away

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☐ Simpson's Cakes The Boulevade

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☐ Ettalong Fine Foods, The Rocks Arcade

☐ Ettalong Pizza & Pasta House, Ocean View Road

☐ Del's Lets Do Lunch, The Rocks Arcade

☐ Harrys Chinese Restaurant, Springwood St

☐ The Cats Pyjamas Restaurant, The Rocks Arcade

☐ The Gandhi Indian Restaurant, Schnapper Road

Umina

☐ Thommo's Pizza & Pasta, West Street

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☐ Ettalong Fine Foods, The Rocks Arcade

☐ Ettalong Pizza & Pasta House, Ocean View Road

☐ Del's Lets Do Lunch, The Rocks Arcade

☐ Harrys Chinese Restaurant, Springwood St

☐ Ettalong War Memorial Club Brasserie, The Esplanade

☐ Ettalong War Memorial Club Cafe, The Esplanade

☐ Half Tide Rocks, Ettalong War Memorial Club The Esplanade

☐ Seaside Brasserie Ettalong Beach Hotel, Ocean View Drive

☐ The Cats Pyjamas Restaurant, The Rocks Arcade

☐ The Gandhi Indian Restaurant, Schnapper Road

Umina

☐ Thommo's Pizza & Pasta, West Street

Pearl Beach

☐ Pearl Beach General Store & Cafe, Pearl Parade

Hardy's Bay

☐ The Fat Goose Restaurant & Bistro, Heath Road

Main Meals Over \$20

Ettalong

☐ Ettalong War Memorial Club Brasserie, The Esplanade

☐ Half Tide Rocks Ettalong War Memorial Club The Esplanade

☐ The Cats Pyjamas Restaurant, The Rocks Arcade

Hardy's Bay

☐ The Fat Goose Restaurant & Bistro, Heath Road

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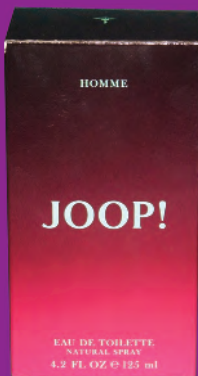
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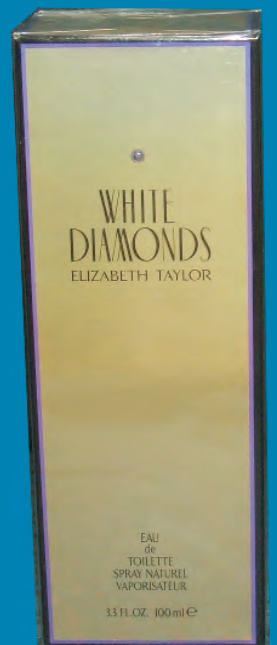
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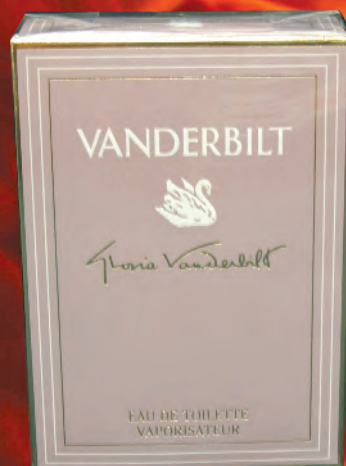


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Parenting group for fathers

A free parenting group for fathers will be held at the Beachside Family Centre during September.

"Male facilitator Nic Urie will show you that you won't need to study child psychology to understand the three simple steps in the 1-2-3 Magic program and get results quickly," Beachside Family Centre facilitator Ms Debbie Notara said.

"Step 1 is to control obnoxious behaviour.

"Here you learn a simple technique to get your kids to stop doing what you don't want them to do, whether it be whining, arguing, tantrums or sibling rivalry.

"Step 2: is to encourage good behaviour.

"Learn several effective methods to get your children to start doing what you do want them to do, such as cleaning rooms, going to bed, and doing homework.

"Step 3 is to strengthen relationships.

"Learn four powerful techniques that reinforce your bond with your children."

Ms Notara said participants would also learn how to manage the six kinds of testing and manipulation, how to handle misbehaviour in public and how to avoid the talk-persuade-argue-yell-hit syndrome.

"Children with fathers who are involved with them are more likely to succeed at school and less likely to become involved in anti-social behaviour in adolescence," Ms Notara said.

The course will be held on Thursday nights from 6.30pm to 8.30pm on September 6, 13 and 20.

Bookings essential and can be made by telephoning 4343 1929.

Press release, 13 Aug 2007
Debbie Notara,
Beachside Family Centre

Prize for health

The Peninsula Leisure Centre has won a local government award for its fitness and cardiovascular health programs for seniors.

The Centre was judged State Category Winner in the Provision and Use of Facilities to Improve Heart Health section of the Heart Foundation's Local Government Awards.

The Centre nominated its three seniors' programs, Active Over 50s, Living Longer Living Stronger, and Veterans Affairs' Healthy Heart, for the award.

Gosford Council's Leisure and Lifestyle Coordinator Mr Simon Clarke said the programs had resulted in a 400 per cent increase in seniors' participation at the Centre over the past year.

Mr Clarke said the Centre had developed the programs in response to the high percentage of retirees living in the local area.

"Presently, 18.2 per cent of the area's residents are aged over 65, with their numbers continuing to increase," Mr Clarke said.

"This is far above the national

average of 13.3 per cent for this age group."

Mr Clarke said the programs were designed to keep seniors "fit, active, happy and healthy".

The Centre's Active Over 50s program, which is run in conjunction with Northern Sydney Central Coast NSW Area Health, incorporates strength training, gentle exercise and aqua-fitness.

The Living Longer Living Stronger strength training program is run in conjunction with the Council of the Aging and supported by the Australian Government Department of Veterans' Affairs, Brisbane Water Legacy and Fitness NSW.

The Centre's Veterans' Affairs Healthy Heart program is based on national cardiovascular health guidelines and incorporates structured physical activities, educational seminars and biometric screening.

It is run in conjunction with the Australian Government Vietnam Veterans' Counselling Service and Australian Health Management's Healthy Heart program.

Press release, 6 Aug 2007
Kate Carragher, Gosford Council



Council's Aquatics Marketing Officer Mr Andrew Stuart, Peninsula Leisure Centre's Health and Fitness Team Leader Mr Anthony Burling, and Gosford Mayor Councillor Laurie Maher accept the award.

More than \$50,000 for Cancer Council

The Peninsula Relay for Life held earlier in the year has raised a total of \$51,020.35.

Peninsula 2007 Volunteer Committee Chairman Mr Kevin McCaskie said that around 50 teams took part at Peninsula 2007, with a total of 707 people from the area taking part.

"This contribution will help The Cancer Council NSW in our shared mission to defeat cancer, and to continue supporting cancer patients and their families in our community."

Mr McCaskie said that the Cancer Council assisted people on the Central Coast through The Cancer Council Helpline, Cancer Connect, financial grants and research.

Mr McCaskie said 1000 people on the Central Coast call The Cancer Council Helpline for advice each year.

He said that with Cancer

Connect, about 50 local patients a year are matched with a trained volunteer who has had a similar cancer.

"The Cancer Council provides financial assistance to local cancer patients in need, to cover unpaid bills, travel costs, grocery vouchers and so on."

Mr McCaskie said that around "410 local people are taking part in Cancer Council-funded research into bowel, prostate and lung cancer".

"Peninsula 2007 was one of 54 Relays that took place across the state during 2006-7," Mr McCaskie said.

Anyone interested in joining the organising committee should contact the Central Coast office on 4325 5444.

To find out more, visit the Central Coast region's website at www.cancercouncil.com.au/centralcoast.

Press release, 10 Aug 2007
Kevin McCaskie, Relay for Life

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Photo by Benjamin Earwicker

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Health

Health and fitness group starts



A new non-profit health and fitness group has started in Umina.

The Caveman Power group, formed by Umina resident Mr Matt Emery, has been operating for six months and already has 20 members.

Mr Emery said the group's main aim was to assist with health issues such as mental health, emotional health and physical health.

"We are specifically focused on fighting modern diseases such as obesity, diabetes, heart disease, anxiety and depression," Mr Emery said.

"We do this by means of bushwalks, mountain bike rides and other means.

"We offer free diet and nutrition tips and free fitness programs."

Mr Emery said the group also did charity walks with money raised used to help fight the diseases.

Mr Emery said the group's broader philosophy was "finding contentment by being true to our biology".

"Modern society is causing a lot of modern diseases," Mr Emery said.

"We take the perspective as if we were cavemen transported into modern times.

"We intend to combine the best of modern science with the best of primal wisdom.

"At the end of the day we are all about having fun and getting healthy."

Mr Emery said the group was targeting those who were inexperienced or new to fitness, people with permanent incapacities and injuries, people stressed by modern day society and people who feel they "don't fit in or are marginalized".

He said the group also had a

lot to offer the experienced health fanatic.

He said most interest was coming from women, especially in the 30 and over age bracket.

Mr Emery said all interest received from men was spread across all age brackets.

He said the website, www.cavemanpower.com.au, had become "incredibly popular".

"We have lots of interest, about 50 per cent, from the USA," Mr Emery said.

The site offers free advice as well as a free newsletter.

"As far as I'm aware this is the first group of its kind. It's unique."

He said the group was making efforts for people to start groups "around the world".

Mr Emery said he was currently working on a "Modern Caveman" book.

Lyle Stone, 14 Aug 2007

Vegetarian prize

Peninsula News, in conjunction with the Australian Vegetarian Society, is giving readers the chance to win a vegetarian barbecue prize pack as part of National Vegetarian Week.

National Vegetarian Week promotes the health and environmental benefits of plant-based diets and encourages a lower meat intake.

To celebrate National Vegetarian Week one major prize winner will receive a Sunbeam barbecue grill, a Veggie Delights five piece barbecue set, a Veggie Delights cooler bag, a copy of the new

"Veggie Delights Barbecue Recipes with Jackie O" cookbook and a packet of Sunbeam 90 Second Rice.

Three runners-up will each receive a Veggie Delights prize pack.

To enter the competition, write your name, address and phone number on the back of an envelope and send to Peninsula News National Vegetarian Week competition, PO Box 532, Woy Woy, 2256.

National Vegetarian Week will run from October 1 to 7.

Entries close on August 31.

Clare Graham, 16 Aug 2007

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Matt Emery (left) leads a group on a bushwalk

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Dinner for study team

The Rotary Club of Woy Woy will be hosting a dinner on Tuesday, August 28, for an Australian Group Study Exchange team who travelled to Brazil.

"In April this year, five Australian Group Exchange team members travelled to Brazil's capital, Brasilia, to learn about their vocations and the Brazilian culture," public relations director Mr Ross Pearce said.

"In March, five Rotary Group Study Exchange team members from Brasilia visited the Central Coast for a vocational and cultural experience.

"The purpose of the Rotary Group Study Exchange program is to give team members the opportunity to interact with other professionals in the same vocation and to observe

how their vocation is practised in the host country.

"The team members are hosted by Rotarians enabling them to better understand each others problems, concerns and aspirations."

Mr Pearce said the Australian Group Study Exchange team comprised team leader Ms Gina Growden from the Rotary Club of Terrigal, Karolina Hayden (human resource management), Stuart Maher (media sales), Kathy Davies (architect) and Tim Rose (ambulance paramedic).

The dinner will be held at Forresters Beach Resort and is \$30 per person.

For further information please contact Chris Nelson on 4344 3599.

**Press release, 10 Aug 2007
Ross Pearce,
The Rotary Club of Woy Woy**



Caroline and Husam Mohamed

Rissoles a success all round

Salmon rissoles are proving to be a cashbook success for one Ettalong business.

Mediterranean Seafood owner Mr Husam Mohamed said his salmon rissoles are "winners".

Since developing the recipe at two months ago, Mr Mohamed said his sales had grown to 120 rissoles a week.

"If you look at the maths, these rissoles are winners," Mr Mohamed said.

"My wife Caroline makes them. They are a bit time-consuming but they are worth the effort."

Mr Mohamed said his chicken and vegetable rissoles and 'megaterranean' burger are also gaining popularity.

He said he is always looking for new ways to improve his business and his accountancy background helped him realise that there was a niche for wholesome food.

"The shop is always evolving," Mr Mohamed said.

The store is located at 259 Ocean View Rd, Ettalong Beach.

Christine Finlay, 18 Aug 2007



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Climate awareness day at library

A climate awareness day will be held at Woy Woy Library from 10am on Saturday, August 25.

Organised by Get Up Central Coast, the event will allow Peninsula residents to sign a petition and learn more about the concerns for climate change.

Event spokesperson Ms Gabby Greyem said the day is an important one for everybody concerned about climate change.

"Our petition is calling for improved public transport on the Central Coast and a 25 per cent target for renewable energy generation in Australia by 2020," Ms Greyem said.

"It is a bid to awaken our local, state and federal politicians to local community concerns about climate change.

"We demand five simple steps for immediate action to be adopted by the Government."

The group is calling for the Government to commit to a

public transport system relevant for the 21st Century, ratify the Kyoto protocol and introduce a meaningful national emissions trading scheme.

Get Up! Central Coast is also demanding that Australia aims for zero energy consumption growth through improved efficiency of appliances and reduced energy consumption.

"We are aiming to collect over 500 signatures to send to our local politicians in the lead up to the federal election," Ms Greyem said.

"All schools, businesses and community members are welcome to join our campaign.

Get Up Central Coast meets at 6.30pm on the first Thursday of every month at Jasmine Greens Organic Café, Umina.

For more information call 4341 7000 or email jasminegreens@bigpond.com

**Press Release, 10 Aug 2007
Gabby Greyem,
Get Up Central Coast**

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Forum

Cover more interests

I have been reading the Peninsula News for several years now and I was wondering how other readers would feel about additional articles being added to the paper like medical advice from a local chemist, flowers in season, gardening tips, and pet advice.

If you think you would like to have these extra articles in your paper you must write in.

Have your say and help to make your local paper cover more local interests.

Janice Rutherford
Point Clare

EDITOR'S NOTE: We would be interested to hear how others think about this. We have not published advice columns in the past, because the information is not unique to the Peninsula and can be readily found elsewhere.

(Mark Snell, editor)

Obsession should go away

When will Chris Holstein and his obsession with Spike Milligan just go away?

It was only five years ago when he tried to have our Woy Woy Library changed to the "Spike Milligan Library".

The local residents were outraged and fortunately, because of their outrage, it never went ahead.

Then he organised, at a high cost to us ratepayers, the Spike Milligan Festival which failed due to lack of interest.

Doesn't that send a clear message to Gosford Council?

Forum

While Spike Milligan may have been a good comedian in the 60s to some, I don't believe the honour of having a bridge named after him is appropriate particularly when our area was the brunt of his humour.

The bridge has always been known local as the "The Woy Woy Bay Inlet Bridge" and it is my opinion that this is the most fitting for the residents of the Peninsula.

Janice Kissane
Umina Beach

Cornerstone of democracy

Noted politicians, such as Winston Churchill and John Curtin, have stated that a free press is the cornerstone of democracy.

Democracy rests on such earnest liberal newspapers as The Guardian, The Sydney Morning Herald, New York Times, The Christian Science Monitor, and La Ronde and locally, The Peninsula News.

Forum

expose corruption and government corporation cover-up.

Without them, democracy would be very fragile indeed.

Only a few politicians reach the same status and not many of them act in the true interests of the people.

I often wonder what schools politicians went to. They seem to work at a different wavelength to the rest of us.

Over the years, I have written to many politicians with little result and often no reply.

The once Member for Peats, the late Keith O'Connell, always said he would reply to personal letters.

His policy I followed when serving as an alderman and councillor.

And I must note that the Member for Robertson, Jim Lloyd has had a good track record in replying to correspondence, as had the office of Premier, Bob Carr.

The highlights of politicians who cared to give a bit of time and effort to an individual letter, are; Arthur Calwell, Bill Hayden, Peter Collins, Bob Carr, Senators Tony Mulvihill and John Faulkner, Lindsay Tanner and, locally, mayors Robert Bell and Malcolm Brooks.

Keith Whitfield
Woy Woy

Stop uranium with independent senate

Forum

In a highly insecure, energy-hungry world, this provides an awesome responsibility on Australian Governments as well as on the Australian people.

Several of the audience asked "What can we do?" and Dr Caldicott suggested they join the People for a Nuclear Free Australia group.

However, she also strongly advised her audience to vote for anti-uranium parties and Independents, especially in the Senate, in the forthcoming election, so that Governments can be stopped by an independent senate.

Asenate that is a rubber stamp for the Government, any Government, does not serve Australia well at all.

The Senate can be a powerful body that could effectively block the development of the 25 nuclear plants the Howard government has in mind, as well as the massive exports the ALP now favours, but only if a large number of committed anti-nuclear senators have the balance of power.

The convenors of the meeting thanked the speaker and presented her with an anthology by Central Coast poets.

Klaas Woldring
Pearl Beach

The many people who attended Dr. Caldicott's talk at the Pearl Beach Memorial Hall on Sunday, August 12, were no doubt impressed with her passionate arguments that nuclear energy is not the answer to combat global warming and climate change.

Her explanation of the several serious health dangers of uranium mining was convincing.

The problems with exports and enrichment, as well as the staggering investment required for building new generation nuclear reactors, not to mention the cost of dismantling them, should be avoided.

Such enormous investments are better used for the development of various alternative forms of sustainable energy, Dr. Caldicott said.

In this respect, a nation like Portugal is showing the way.

That country, which has neither oil, nor coal or uranium ore has taken the lead in developing solar energy devices, wind power and wave power, as a recent SBS program demonstrated.

It was revealed that the Halliburton-financed Darwin-Alice Springs railway would now be used by the British transport company SERCO that specialises in the transport of radioactive waste.

This sinister development was not well known but seemed to provide a foretaste of things to come for a geologically-unstable Australia.

Australia has 40% of the world's known reserves of uranium ore and is therefore a key player in what is to happen.

Contributions

The Forum page/s presents an opportunity for Peninsula Residents to have their say. Any opinions expressed on the forum page/s are not necessarily those of the editor or management of Peninsula News. Contributions can be emailed, sent on disks or by handwritten letter. Include the date, your name, address and phone numbers. Name and Suburb will be published. Anonymous contributions will not be included. Submissions may be published in edited form. All accepted contributions also appear on our website:
www.peninsulanews.asn.au

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Fitness centre supports show

A local fitness centre has raised almost \$1000 for an upcoming production by the Mental Health Theatre Project.

The money raised will go towards costumes for the production "Get Up!" which will be presented at the Peninsula Theatre, Woy Woy, in September.

Curves Woy Woy owner Ms Gael Connop said her staff and members were very proud of their money-raising efforts.

"Mental health affects so many of us in some way," Ms Connop said.

"Whether it is somebody in our family, one of our friends or even ourselves.

"We became involved in the cause because many of our staff and members have been touched by mental illness in some way."

Ms Connop and her staff organised raffles and a Tupperware party to help raise money for the upcoming production.

The production is based on the story The Velveteen Rabbit by Margery Williams and will feature an original script and specially created songs and dance.

Evening performances will be held on Thursday, Friday and Saturday, September 27 to 29, while matinees will be held on Saturday, Monday and Tuesday, September 29 to October 2.

The play will be performed by Ad Hoc Community Theatre, in partnership with Central Coast ARAFMI.

Central Coast ARAFMI is a community-based organisation giving support to family and friends of people with mental illness and promotes health and wellbeing.

The Mental Health Theatre Project includes people who experience mental illness, Central Coast Mental Health Services staff and local theatre professionals.

Clare Graham, 17 Aug 2007



Free book with Great Read buy

Any customer who buys a title from The Books Alive Great Read Guide before August 31 will receive Peter FitzSimons' new book, The Ballad of Les Darcy, for free.

Peter FitzSimons is the 2007 Books Alive ambassador, and his biography of the legendary Australian boxer is the cornerstone of this year's campaign.

"Along with the shipwreck of the Batavia, Les Darcy is one of the two greatest Australian stories of all time," said Mr FitzSimons.

"It has everything; passion, patriotism, love, betrayal, sport, religion, politics, war, friendship and moral ambiguity, all wrapped in the one tale."

The book is available locally from

Book Bazaar at Umina.

Book Bazaar employee Mandi McIntosh said there was a "book for everyone" in the guide.

"It makes choosing a book so much easier whether it's fiction or non-fiction, for a child or an adult," Ms McIntosh said.

"So come into the store before August 31 to get your copy of The Guide and talk to us about which great book you might like to read to get The Ballad of Les Darcy for free."

"Our store was lucky enough to receive a grant from the Australia Council to help us in raising community awareness of the Books Alive campaign."

"We were among several regional areas to receive grants

and support and this has meant that every home on the Peninsula should have received a copy of the Books Alive Great Read Guide in their letterbox, a feat that would be beyond our tiny marketing budget if we were working alone."

Ms McIntosh said the guide also carried inspirational messages from "four well-known Australians".

"Margaret Pomeranz, Myf Warhurst, Bert Newton and Paul Jennings all share why they love books and reading," Ms McIntosh said.

Books Alive is an Australian Government funded initiative developed through the Australia Council for the Arts.

Press release, 7 Aug 2007
Mandi McIntosh, Book Bazaar

Bike path proceeds

Gosford Council has resolved to extend the Gosford to Woy Woy shared pedestrian/cycleway link in two stages along.

The first stage will involve the foreshore reserve from Brickwharf

Rd, Woy Woy, to the Peninsula Leisure Centre in Blackwall Rd, Woy Woy.

Stage two will take place from Allfield Rd to McMasters Rd, Woy Woy.

Council agenda ENV.56,
7 Aug 2007



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- Linguine with yabbies, shallots and white wine cream reduction
- Pork fillet with minted pea risotto and apricot glaze
- Slow roasted porterhouse beef (cooked medium minimum) topped with creamed slipper lobster meat, crushed chat potatoes and asparagus

HALF TIDE ROCKS
A-LA-CARTE
RESTAURANT
LUNCH AND DINNER
7 DAYS



- Specials this week
- Angel hair pasta with pancetta, peas, shallots and olive oil
 - Polenta crusted pork cutlet on sauté greens, smooth pumpkin and cranberry jus

SPECIAL
EVENTS

- Champagne Breakfast in August every Wednesday (except 29th) & Saturday from 8am
- Steak & Schnitzel Buffet every Wednesday from 6pm
- Nan's Sunday Roast every Sunday from 6pm
- Seafood Buffet Last Friday of every month from 6pm. Mark your diary for Friday 31st Aug.

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DINNER 7 DAYS

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What's On in and around the Peninsula

Listings in this section are free to not-for-profit community groups although a subscription to help support Peninsula News would be appreciated.
Many events listed take place at the following locations:

BFC, Beachside Family Centre, Umina Public School
CWA, CWA Hall, Anderson Park, Brick Wharf Rd, Woy Woy
EBACC, Ettalong Beach Arts & Crafts Centre, Kitchener Park, Cnr Picnic Pde & Maitland Bay Drive, Ettalong 4341 3599
EBWMC, Ettalong Beach War Memorial Club, 211 Memorial Ave., Ettalong 4341 1166
ECC, Everglades Country Club, Dunbar Rd, Woy Woy 4341 1866
EMBC, Ettalong Memorial Bowling Club, 103 Springwood St Ettalong 4341 0087
EPH, Ettalong Progress Hall, Memorial Ave, Ettalong
ESCC, Ettalong Senior Citizens Centre, Cnr. Karingi St & Broken Bay Rd Ettalong 4341 3222
MOW, Meals on Wheels Hall, Cnr Ocean Beach Rd and McMasters Rd.
PBPH, Pearl Beach Progress Hall, Diamond Rd, Pearl Beach 4342 1459
PCC, Peninsula Community Centre, 93 McMasters Rd, Woy Woy 4341 9333
PCYC, Osborne Ave., Umina Beach 4344 7851
PWHC, Peninsula Women's Health Centre, 20a McMasters Rd Woy Woy 4342 4905
UCH, Umina Community Hall, 6 Sydney Ave., Umina Beach 4343 1664
WH, Wagstaffe Hall, Cnr Wagstaffe Hall & Mulhall St Wagstaffe
WWAC, Woy Woy Aged Care, Kathleen St 4341 3341
WVEC, Woy Woy Environment Centre, 267 Blackwall Road Woy Woy 4341 7974
WWLC, Woy Woy Leagues Club, 82 Blackwall Rd Woy Woy: 4342 3366
WWPH, Woy Woy Progress Hall, 76 Woy Woy Rd
DAILY EVENTS
Woy Woy **Pelican Feeding**, 3pm Pelican Park, Fishermans Wharf.
Playtime Mon-Fri 9am, Little Gym
PCYC
TUESDAY
First Tuesday of every month
Buffalo Primo Lodge No 9, 7pm, **UCH**.
Second Tuesday of every month
Playgroup for Aboriginal & Torres Strait Island families, **BFC**
Senior's Idol, 1pm; **Toastmasters**, 7.30pm, Seniors Day 12 noon, enq: 4341 6842, **EBWMC**
Get Together afternoon tea, **ESCC**,
Pearl Beach Craft group, **PBPH**, 1.30pm.
Stroke recovery group, 11.30am, **MOW**.
Diabetics Support Group, 10am, **ECC**
Third Tuesday of every month
Buffalo Lodge Knights Chp9, 7pm, **UCH**
Woy Woy Peninsula **Arthritis** Branch, 10am, enq: 4342 1790, **MOW**
Fourth Tuesday of every month
Playgroup for Aboriginal & Torres

Strait Island families. **BFC**
Toastmasters, 7pm enq: 4341 6842, **EBWMC**
Combined Pensioners assoc afternoon tea, enq: 4341 3222, **ESCC**
Every Tuesday
The Web, **Drop in** centre 12-18yrs 12pm - 5pm, **PCC**
Butterfly Group for Women who have suffered domestic violence 12.30pm **PWHC**
Empire Bay Scrabble Club 9.15am-12.45pm, enq: 4369 2034
Judo 5pm, **Playgroup** 9am, **Peninsula Dance and Theatre School** 3.45pm, **Dragon Kung Fu** 6.30pm, **Gambling Counselling** by apointment, Latin Salsa Dance 8pm, **School for Learning/Seniors - over 55's** 10am, **Belly Dancing**, 1pm, **PCC**.
Circuit Boxing (Women) 9am, **Boxing/fitness training**, 4pm (Junior) , 5pm (Senior), **Breakdancing**, 5pm; **Gym Sessions** 8am; **Gym Circuit** 9:15am & 6pm; **PCYC**
Rotary Club of Woy Woy, 6pm, **ECC**
Ladies Indoor Bowls-9am; **Handicraft**-9am; **Cards**-12.30pm; **Computers**, 9am, **ESCC** .
Alcoholics Anonymous 6pm John the Baptist Church Hall, enq: 4379 1132
Bowls; 10am, Card Club; 7.30pm, **Chess Club**, 1pm, **EBWMC**
Tai-Chi classes, 9.30am (ex sch hols), enq 4360 2705, **WH**
Folk Art 9.30am, **Silk Painting** 1pm **EBACC**
Children's story time, Umina library, 10.30 am (Except Jan).
Sahaja yoga meditation, 10:30am enq: 4328 1409, **CWA**
Playgroup 10am Kids 0-5yrs, **WWPH**, enq: Juhel 4342 4362
Woy Woy Blood Bank, 11.15am to 8.45pm, session time 1pm to 7pm, Ocean Beach Rd, Woy Woy
Tap Dancing, EPH, 6pm, enq: 0438 033 039
WEDNESDAY
First Wednesday of every month
Older women's network, 10.15am, enq:4343 1079, **WWLC**
CWA social day, 10am, handicrafts, 1pm, enq: 4344 5192, **CWA**
Ettalong Ratepayers & Citizens Progress Association, 7.30pm, **EPH**
Second Wednesday of every Month
Woy Woy VIEW Club, Friendship Day, **MOW**, 11am, enq: 4344 1440.
Red Cross, Umina branch meeting, Umina Uniting Church Hall, 1:30pm.
Woy Woy **Auxiliary**, 10am enq: 4344 2599.
Umina Beach **Probus Club**, 9.30am, **ECC**
Third Wednesday of every month
Woy Woy VIEW Club - Luncheon, 10.30, enq: 4344 1440, **ECC**
Every Wednesday
St John's Ambulance; **WWAC**, 7pm
Killcare - Wagstaffe Rural Fire Brigade 7.30pm Stanley St, Killcare, enq: 4360 2161.
Brisbane Water Bridge Club, 9.30am & 7.30pm enq: 4341 6763,
Oil Painting, 9am, **Scrapbooking** 9am, **Multi-craft needlework** 10am, **BJP School of Physical Culture**, 3.30pm, 4-13 yrs enq: 4344 4924 **Playgroup** 10am,

Weight Watchers 5.30pm, **Belly Dancing** 7.30pm; **School for Learning/Seniors** 9am, **Gambling and general counselling** by appointment, **Peninsula Dance and Theatre School** from 3.45pm **The Web**, 12pm - 6pm; **PCC** .
Peninsula **Choir** rehearsal 7.30pm St Andrews Hall Umina.
Brisbane Waters **Scrabble Club**, **MOW** 6pm, enq: 4341 9929.
Seniors fitness **EPH** 9am, enq: 4385 2080.
Indoor Bowls 9am; **Fitness** 1pm **Leatherwork** 9am; **Table Tennis** 9am. **Scrabble** 1pm; **Computers**, 1.30pm, **ESCC**
Gym Sessions 8am (Incl **Self Defence for Young Women** 1pm; **Gym Circuit** 6pm; **Circuit Boxing** (Women) 9am, **Boxing/fitness training**, 4pm (Junior) 5pm (Senior), **PCYC**
Oils & Acrylics 9am, **Pastels & Drawing** 11.30am, **EBACC**
Children's story time, Woy Woy library, 10.30 (Exc Jan).
Alcoholics Anonymous 12.15 & 6.30 , St John the Baptist Hall, Blackwall Rd, Woy Woy.
Handicraft CWA, 9am, enq: 4341 1073.
Country Women's Association (CWA) Umina Beach craft day, 9am - noon, CWA Hall, Sydney Ave, Umina, enq: 4341 5627.
Rotary Club of Umina, 6pm, **ECC**
THURSDAY
Second Thursday of every month
Outsiders Club, 9am; Brisbane Water **Seniors** 1pm Enq: 4344 5670 **EBWMC**
Women's Health Clinic Enq 4320 3741 **PWHC**
Australiana Bus Trips **PCC**
Fourth Thursday of every month
9am **Free immunization** clinic for Aboriginal & Torres Strait Island children 0 – 5 years, **BFC**
Umina Probus, **ECC**, 10am.
Women's Health **Clinic**; **PWHC** 4320 3741
Every Thursday
Creative Writing, **CWA**, Enq 4369 1187
Gambling and general counselling by appointment, **Music 2-5yrs** 9am, **Yoga** 10am, **Brophy Circus Academy** 5pm, **Brisbane Water Bridge Club** 12.30pm, enq. 4341 6763, **Judo**, 5pm Enq: 43424121; **The Web**, 12pm - 6pm **Young Men's Groups** 12-18 yrs, 4342 3684; **PCC**
Free entertainment 6.30 pm, **School for Learning/Seniors** 9am; **Senior Snooker** 8.30am **Ballroom Dancing**, 10am, **Trivia**, 7pm, **Indoor Bowls**, **Fishing Club** **Raffle** 5.15pm, **EMBC**.
Bouddi Women's **Drumming**, 2pm, 73 Highview Rd Pretty Beach, enq: 0425 229 651.
Scrabble, 12.30pm. **WWPH** , **Children's art classes** 4.30pm, **EBACC**
Tai Chi 11.30am & 3.45pm; **Dancing** 9am; **Indoor Bowls**, 9am; **Table Tennis**, 1.45pm; **Cards** noon, **ESCC**
St John's Ambulance; Brisbane Water Cadets, 7pm, Enq:4341 3341.
Children's story time, 3 - 5 yrs Umina library, 10.30am (Exc Jan)
Gym Sessions 8am, **Gym Circuit** 9am & 6pm **Circuit Boxing** (Women) 9am, **Boxing/fitness training**, 4pm (Junior) , 5pm (Senior) **PCYC** .

Social Tennis 9am-12pm, Pearl Beach Courts, enq: 4369 3195.
Adult tap dancing, **EPH** 10am; enq: 4342 3925
Al-anon/Alateen family support group "The Cottage" Vidler Ave Woy Woy, 12:30pm, 7pm.
Fairhaven Services **Cash Housie**, Ettalong Bowling Club 7.30pm
Dance, 9am - 11:30am, **ESCC**, enq: 4344 3131.
FRIDAY
Second Friday of every month
2pm **Peninsula Twins Club** Free. **BFC**
RSL Sub branch **EBWMC**, 2.30pm.
Third Friday of every month
Legacy Ladies, **EBWMC**, 10am, enq: 4343 3492.
Fourth Friday of every month
South Bouddi Peninsula Community Assoc, **WH**, 1.30pm, enq: 4360 1002.
Civilian widows, **ESSC**, 1pm.
Every Friday
Kids entertainment Yrs 7 -12, 7.30pm, **Playgroup**, 10am Umina Uniting Church.
Bingo 11.30am, **UCH** Enq:4343 1664
Lollipop Music Playgroup **BFC** 9.15am. Enq: 43 431929.
Old Wags **Bridge Club**, **WH** (except 4th Fri) 1:30pm, enq: 4360 1820.
Aqua-fitness, Woy Woy Hospital Hydro Pool, 1:30 & 2.30pm, enq: 4325 1869
Active Over 50's **Exercise Class** **EPH** 9.15am, enq: 4342 9252
Watercolour Painting 10am, **EBACC**
Painting 9am, **Computers** 1pm, **Scrabble** 1pm **ESCC**
Gym Sessions 8am, **Gym Circuit** 9am **Circuit Boxing** (Women) 9am, **Boxing/fitness training** 4pm (Junior) 5pm (Senior) **PCYC**
Peninsula Pastimes Ettalong Baptist Church, Barrenjoey Rd. 9.30am, (Ex sch hols), **Primary Kids Club** 4.30pm, enq:4343 1237
Alcoholics Anonymous 6pm, St John the Baptist Hall, Blackwall Rd, Woy Woy, enq: 4342 7303.
Hardys Bay Community Church, **indoor bowls, canasta, scrabble, morning tea** 10am, enq 4363 1968.
Kids Club (Primary) .4pm, **Brisbane Water Bridge Club**, 12.30pm, enq. 4341 6763, **Weight Watchers** 10am, **Gambling Counselling** by appointment, **Peninsula Dance and Theatre School** 3.45pm; **The Web**, 2pm-9.30pm **Doctor & Nurse** for 12-18 yrs old, **Brophy Circus Academy** 5pm **Kindygy** 0 - 3yrs 9.15am, 3 - 5yrs 10.20am **PCC**
Women's walking group, 9am - 11am **PWHC**
Fishing Club. **EBWM**
Krait RSL Day Club - 10am, **WWAC** - 4341 8564
Fairhaven Services **Cash Housie**, East Gosford Progress Hall 7.30pm
SATURDAY
First Saturday of every month
The National Malaya & Borneo **Veterans** Assoc Aust, **EBWMC**, 2.30pm Enq: 4340 4160
Second Saturday of every month

Melaleuca Wetland **Regeneration** Group, Boronia Ave, Woy Woy, 8am.
Pretty Beach **Bushcare** group, Pretty Beach end Araluen Track, 8am.
Save our Suburbs, 1pm, enq 4342 2251 **WWPH**
Ex-Navalmen's Assoc, Central Coast Sub-Section, **WWLC** 10am.
Scrapbooking 12pm, **PCC**. enq 4342 3712
Third Saturday of every month
Umina P & C **Bushcare** 9am, Umina Campus of BWSC, Veron Rd Umina. enq: 4341 9301
Market Day, 9am Sydney 2000 Park, **UCH**
Last Saturday every month
Wagstaffe **Bushcare** group, Half Tide Rocks sign, 8am.
Melaleuca Wetland **Regeneration** Group, Boronia Ave, Woy Woy, 8am
Every Saturday
The Web, **Activities** for 12-18yrs old, 4.30-9.30pm; **Weight Watchers** 8am, **PCC**
Cash Housie St Mary's Hall, Ocean View Rd Ettalong 7.30pm.
Cabaret dance & floor show, 8pm free, Men's 18 hole **golf**; Men's triples **bowls** 1pm; **Snooker** 8.30am **EBWMC**
Childrens Pottery 9.30am **Silvercraft** 1pm, **EBACC**
Gym Sessions 9am, **Drama & Discovery** 9am **PCYC**.
Brisbane Water Bridge Club, 12.30pm, Enq: 4341 0721, **WWLC**
Al-anon/Alateen family support group Community Health building, Woy Woy Hospital 2pm Enq: 4344 6939.
Woy Woy Environment Centre 10am. **WVEC** Enq 4342 6589.
Car Boot Sale, Ettalong Markets. Community Dance, 1pm to 4pm, \$2, **ESCC**, Enq: 4344 3131 / 4341 3222
Social Dance, New vogue, old time, \$3 (inc. afternoon tea), 1pm, **ESCC**, enq: 4344 3131.
Gamblers Anonymous, 2pm, **PCC**, 4342 0989.
SUNDAY
First Sunday of every month
Blackwall Mountain **Bushcare**, 9am cnr Blackwall Rd & Memorial Ave Enq: 4342 6995
Second Sunday of every month
Buffalo Lodge, Woy Woy, No 381, 11am, **Buffalo Lodge**, Gosford No 63, **UCH** 1pm.
Troubadour **Acoustic Music** Club, 1.30pm **CWA** Enq: 4342 9099
Third Sunday of every month
Umina P & C **Bushcare** 9am BWSC, Enq: 4341 9301
Bushcare Group, Tennis Courts, Empire Bay, 9am Enq: 43692486
Vietnam Vets, 11am.
Bootscooters, 2.30pm **EBWMC**
Ettymalong **Creek Landcare**, Ettalong Rd, Umina, 8am, enq: 4342 2251.
EBWM Fishing Club competition at Club House in Beach St, Ettalong.
Fourth Sunday of every month
Buffalo Lodge Woy Woy 381 11am; **Buffalo Lodge** Gosford No 63 **UCH** 1pm.
Burrawang Bushland reserve **bushcare**, Nambucca Dr playgrnd 9am 4341 9301.

Arts & Entertainment

What's On in and around the Peninsula

Last Sunday of every month

Ladies Auxiliary of Vietnam Vets, 10 am, **EBWMC**
Lions Club Boot Sale & Mini Market, Rogers Park Woy Woy Enq: 4341 4151

Every Sunday

Coast Community **Church Services** 9am & 5pm Enq 4360 1448

Al-anon/Alateen family support group "The Cottage" Vidler Ave Woy Woy 7pm.

Patonga Bakehouse Gallery 11am Enq: 4379 1102

MONDAY

First Monday of every month

Endeavour View Club Luncheon **ECC** Contact 4342 1722

Pretty Beach P S **P&C**, Resource Centre 7:30pm, ph 4360 1587.

Grandparents Parenting Support Group, Web Riley Room Catholic Church Woy Woy 4342 9995

Country Women's Association meeting, 10am, CWA Hall, Sydney Ave, Umina, enq: 4341 5627.

Second Monday of every month

Save the Children St Andrews Church Hall, Ocean Beach Rd Umina 1-30pm Enq 4324 4389

Women 50+ Group Chat, PWHC RSL Women's Auxiliary, EBWMC, 9am.

Pretty Beach/Wagstaffe **Progress Assoc WH** 7:30pm, Enq: 4360 1546

Killcare Heights **Garden Club**, 10:30am, Enq: 4344 4520

Coastal **Crones** (over 50's), **PWHC**

Third Monday of every month

War widows Guild, EBWMC 1pm, Enq: 4344 3486

Fourth Monday of every month

Labor Party Peninsula Day Branch, **CWA**, 1pm.

Carers support group, Group room, Health Service Building, Woy Woy Hospital, Enq: 4344 8427.

Last Monday of every Month

WWLT Playreading, Woy Woy P.S. 7.30pm, Enq: 4341 2931

Every Monday

Walking with other Mums Enq: Liz Poole 4320 3741

3Cs—Craft, Coffee & Conversation, 12.30pm **BFC**. Enq: 43 431929

Yoga WH 9.30am Enq: 4360 1854.

Computers, 1pm, **Dancing** 9am; **Indoor Bowls**—9am; **Mahjong** 1pm; **Fitness** 1pm; **Yoga** for beginners 2.30pm; **ESCC**.

Gym Sessions 8am, **Tiny Tots** 9:15am, **Circuit Boxing** (Women) 9.00am, **Boxing/fitness training**, 4.00pm (Junior), 5pm (Senior) **PCYC**

Fairhaven Cash Housie 7.30pm & **Bingo** 11am **EMBC** enq: 4323 3566

Arts and Crafts for people with a disability 11am, Enq. 4341 9333
Patchwork & Quilting, 10am,

Pottery 10am & 1pm **EBACC Children's Story Time**, Woy Woy Library, 10.30 am

Gentle Exercise for over 50's, 9.30am, **Yoga**, 10am, **Brisbane Water Bridge Club**.

12.30pm, **BJP School of Physical Culture** 3.45pm, **Peninsula Dance and Theatre School** 3.45pm, **Gambling & general Counselling** by appointment, Music 2-5 yrs 9am **PCC**

Craft group, 1pm **BFC**

Fairhaven Services Cash Housie, Ettalong Bowling Club 7.30pm

Upcoming Events

August 25th - Chris Gillespie and the Wandering Hands, 7pm, \$10, \$8, \$7, **CWA Hall, Woy Woy**

August 25th - Woy Woy Ettalong Hardys Bay RSL Women's Auxiliary garage sale, 1/378 Ocean View Rd, Ettalong Beach, 8am

August 25th - Climate Awareness Day, Woy Woy Library, 10am, 4341 7000

August 27th - Volunteering information session, 9.30am, **PCC**

August 28th - Australian Group Study Exchange dinner, Forresters Beach Resort, \$30, 4344 3599

August 30th - Advanced Numerology, PWHC 10am

September 6th, 13th and 20th - 1,2,3 Magic Parenting Group, 6.30pm - 8.30pm, Beachside Family Centre, 4343 1929

September 19th - Holistic Kinesiology, 10am

September 22nd - St John the Baptist Spring Fete, 10am - 3pm, St John the Baptist Primary School.

September 26th - Make your own earrings, PWHC 10am

October 5th and 6th - Bangers & Mash, Peninsula Theatre, Woy Woy, 4323 3233

October 6th - Country Comes to Pearl Beach, 12 noon - 4.30pm, \$33/\$15, Pearl Beach Crommelin Arboretum, 4344 2319.

October 16th - Chiropractic Health, PWHC, 10am

October 23rd - PWHC Volunteer Training, PWHC, 9.30am

October 24th - Better Health Self Management, PWHC, 10am

If you would like your community not for profit event listed here, send the details to Peninsula News

Choir cancelled due to 'flu

The Peninsula Choir will not be presenting its performance "Springsong in Ettalong" on September 16, due to a "flu epidemic".

"Due to the prevailing flu epidemic, the Peninsula Choir is unable to present its popular annual Spring Concern on Sunday, September 16," said public relations officer Ms Barbara Firth said.

Ms Firth said the group

apologized for the cancellation.

The performance was to be presented in Ettalong Baptist Church with a performance from the Gosford City Brass Band followed by some audience participation and afternoon tea, where guests can talk with the musicians.

With further enquiries, contact Barbara on 4342 7545.

Press release, 6, 17 Aug 2007
Barbara Firth, Peninsula Choir

Full house for Little Theatre

Woy Woy Little Theatre's most recent production, The Spirit of Annie Ross, recorded sell-out ticket sales for three performances in July.

Performances on July 1, 7 and 8 recorded a sell-out crowd of 124 ticket sales each.

Performances on June 22 and 24 recorded over 100 ticket sales, including the 8pm performance on July 7.

From the 10 performances over the two-week period, eight performances recorded over 90 ticket sales each.

Clare Graham, 17 Aug 2007

Performance for guide dogs

Pearl Beach will host a Guide Dogs fundraising event on Saturday, October 6, at the Pearl Beach Crommelin Arboretum.

The event "Country Comes to Pearl Beach" will feature performances by Frank Ifield with The Bushwackers, Karen Lunne and Acoustic Shock, Krystal Keller and Scott Erichsen.

The event is being held to celebrate the 50th Anniversary of Guide Dogs NSW/ACT.

The performance times will be from 12 noon until 4.30 pm.

The event will also include a giant raffle and lucky ticket prize.

Participants can also bring their own picnic, chair and rug.

Tickets prices are \$33 for adults and \$15 for children.

All proceeds go to Guide Dogs NSW/ACT.

For more information, telephone 4344 2319 or 4344 2138.

Newsletter, 18 Aug 2007
Multi Arts Confederation



Ettalong Beach Arts and Crafts Centre



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Would you like to learn a new hobby or rekindle an old passion in Silk Painting, Watercolour Painting or Patchwork & Quilting?

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★ WHAT'S ON ★

Peninsula Theatre, Woy Woy



Bangers & Mash 5-6 October

Cheeky, good-hearted satire starring Drew Fairley & Kate Smith, exploring the 30-something dilemma of house-sharing and romance.

The Next Cultural Laboratory is on 9th November - don't miss the final Lab for 2007!

Laycock Street Theatre, North Gosford

KING LEAR

August 29-30

Riverside Theatres Parramatta present a modern & very physical adaptation of Shakespeare's story of betrayal, greed, madness & death. *Matinees available.*

COSI FAN TUTTE

September 1-2

Newcastle Festival Opera presents a unique adaptation of Mozart's sublime opera, set on the Gold Coast during Schoolies Week!

The Memory of Water

by Shelagh Stephenson
 September 7-8

A bittersweet examination of family and memory by one of the UK's hottest new playwrights.

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Peninsula Theatre - Cnr McMasters & Ocean Beach Rds, Woy Woy is proudly owned & operated by Gosford City Council

Education

Two finals on the one day

The Brisbane Water Secondary College Umina campus Under-15's Rugby League side have had an interesting run the last couple of weeks, playing two finals 100kms apart on the one day, according to coach Mark Rae.

"First up was the Country Cup held up at Toukley which they absolutely dominated finishing with a total of 92 points for zero points against," Mr Rae said.

"This qualified them for the quarter finals at Cessnock on July 25.

"Meanwhile, another All Schools Competition was held at Berkeley Vale on July 19.

"Games were played up to the semi-final stage with the final to be played on July 25.

"So now the boys had two

competitions on the one day."

Mr Rae said the Cessnock games started at 10am with the night final starting at 6.40pm up at Bluehaven.

"At 7.30am the team headed off for Cessnock," Mr Rae said.

"First up was St Paul's All Saints.

"Before the game, all the boys gathered in the change room where Jason Hayward, the captain psyched the boys up!

"On the field, the boys hit their stride after six minutes.

"By the end of the game, Jason Hayward had two tries, Liam Cornish and Luke Murphy had a try and conversion.

"Next up was Scone High at 12.30pm.

"Scone slipped in two tries in quick succession.

"We scored after this with a great chance to get back in the game.

"However a pass from Geordie Makey to Luke Murphy on the line was ruled forward.

"Scone held on to win and proceed to the next round of the Country Cup."

Mr Rae said that after a bus ride home and a few hours rest the boys backed up for the All Schools Final at 6.40pm that night.

"I have to commend everyone on this and thank the parents for getting the team there," Mr Rae said.

"Unfortunately, with only 15 minute halves and a fresh St Edwards team with plenty of interchange, our boys could not defend an endless barrage of kicks and big hit ups.

"That being said, the Umina boys maintained a brave effort right to the last second.

"The team was completely exhausted and would have slept



well that night.

"They represented their school proudly, especially in the brand new BWSC jerseys received the

day before."

Press release, 9 Aug 2007
Mark Rae,
Brisbane Water Secondary College

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Education

Top results for Woy Woy South

Many students from Woy Woy South Public School have achieved noteworthy results this year in the International Competitions and Assessments for Schools run by the University of New South Wales.

The competitions are held in the skills areas of science, mathematics, English, spelling, writing and computer skills.

Students in Years 3-12 from all Australian states and many other countries participate.

In the computer skills area, Year 5 students Hannah Monaghan and Luke Reilly received High Distinction awards, putting them in the top one per cent.

In the English skills area, Year

3 student Jasmine Mandy, Year 4 students Chelcie Davis and Lauren Hayes, and Year 5 student Hannah Monaghan received Distinction awards, putting them in the top 10 per cent.

In the writing skills area, Year 3 students Sarah Monaghan, Jasmine Mandy and Georgia Leslie-Fitch, Year 5 student Hannah Monaghan, and Year 6 student Lucy Darwin received Distinction awards.

In the mathematics skills area, Year 5 student Matthew Da Silva and Year 6 student Blake Batton received Distinction awards.

In addition, 34 students received Credit awards, putting them in the top 25 per cent.

Newsletter, 3 August 2007
Woy Woy South Public School



Good English at Pretty Beach

Pretty Beach Public School achieved "excellent results" in this year's English Competition, according to Principal Ms Vicki Redrup.

The school achieved one high distinction, three distinctions and four credits from 26 children sitting the test.

Liam Newell was awarded the high distinction.

Liam was also awarded a

high distinction in the Science competition and a distinction in the mathematics competition earlier this year.

Alice Donnellan, Lewis Hughes and Tom Passmore received distinctions in the competition.

Siann McFee, Billie Tufuga, Naomi Jones and Nathan Richardson received credits.

Newsletter, 9 Aug 2007
Vicki Redrup,
Pretty Beach Public School

Spring fete

St John the Baptist Primary School Parents' and Friends' Association will hold a Spring Fete from on Saturday, September 22, within the school grounds.

The fete will be held from 10am to 3pm and will include a variety of rides including giant jumping castle, giant slide, bungee run, chair o plane, go karts and climbing wall.

Prepaid tickets for the rides are being sold at Deepwater Plaza on September 13, 14, 19 and 20.

The cost will be \$20 for unlimited rides for the day.

Individual tickets can be bought on the day at a cost of \$4 per ride or \$25 unlimited.

Press release, 10 Aug 2007
Margaret Channing, St John the Baptist P&F

History study days initiated

Woy Woy senior campus of Brisbane Water Secondary College has initiated history "study days" to give local students "the same opportunities as schools in other areas", according to history co-ordinator Ms Sonia Gerakios.

"Interest in Ancient History has more than doubled at Woy Woy and continues to have appeal as students delve into the distant past," Ms Gerakios said.

"Research skills learnt in this

subject last a lifetime."

She said that, as a result of this interest, study days were initiated to give students the same opportunities as existed at school in other areas.

Ms Gerakios said a Woy Woy Senior Campus Archaeology Day was held on August 3 with a study focus on Pompeii and Herculaneum.

The Tiered Learning Centre at Woy Woy Senior Campus became the host venue for the day for a number of schools including Tuggerah Lakes Senior Campus,

Terrigal and Erina High Schools.

"Louise Zarmati was the presenter for the day," Ms Gerakios said.

"Louise is an academic who has excavated at the sites, has written student textbooks and marked for the Ancient History HSC exam.

"Her knowledge of the subject syllabus was offered to the students and this helped reinforce skills required for the Higher School Certificate."

Press release, 9 Aug 2007
Sonia Gerakios, Brisbane Water Secondary College

Students enter debate

Four students from Empire Bay Public School participated in the Peninsula Debating Competition on Thursday, August 9.

Karina Riquelme, Amiee Young, Jacinta Lincoln and Kristy-Lee Thompson represented their school against Point Clare Public School.

The debate topic was 'That it's great to be young'.

"It was a very close debate and Point Clare was the eventual winner," student Ms Jessica Beazley said.

The competition final between Point Clare Public School and Umina Public School will be held later in the term.

Newsletter, 16 Aug 2007
Jessica Beazley, Empire Bay Public School

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Umina Surf Life Saving Club welcomes new and existing members back for the new season. Patrols start from Saturday 29th September and "Nippers" from Sunday 14th October. We encourage all ages from 5 years of age to mature ages as there is something to offer for everybody.

"Remember "Surf Life Savers - Keeping you Safe"

Registration:
Sunday's - 9th, 16th & 23rd September - 9am -11 am at Umina Primary School Hall - Sydney Ave.

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Council works

Auxiliary holds sale

Gosford Council has been conducting works in Umina Beach, Patonga and Daleys Point.

Internal works for the Umina Beach Surf Club are currently taking place as part of a rebuilding program.

At the Ocean Beach Surf Club, internal works are also underway.

At Patonga, general maintenance and stabilisation works are being

completed.

The camping ground and southern end of the reserve have been closed off during the work period, though the boat ramp will remain open.

Drainage is being installed as part of a road reconstruction currently taking place on Fishermans Parade, Daleys Point.

Press release, 14 Aug 2007
Karen Weber, Gosford Council

The Woy Woy Ettalong Hardys Bay RSL Women's Auxiliary will be holding a garage sale on August 25, to raise funds.

The garage sale will be held from 8am onwards, and will feature books, records, furniture, clothes, dishes, toys and some appliances.

"There will be a little something for everyone," said treasurer Ms Margaret Flamisch.

The garage sale will be held at 1/378 Ocean View Rd, Ettalong Beach.

Lyle Stone, 17 Aug 2007



The new Drop Your Pants business on Blackwall Rd, Woy Woy

Dry cleaning business opens

A new dry cleaning business has opened in Woy Woy.

The business is the second store on the Peninsula for Drop Your Pants Dry Cleaning opened its second store on the Peninsula on July 16.

Owner Mr Rex Mayes also owns a dry cleaning business of the same name at Ettalong.

The new store is located in Blackwall Rd, Woy Woy.

Mr Mayes said he got into the

business because he needed a change from his other job as a Sydney courier.

"I got into this field because I wanted my dry cleaning done properly," Mr Mayes said.

"I like the name Drop Your Pants because it's humorous and eye-catching.

"There are new carpets and updated equipment in the new store."

Christine Finlay, 18 Aug 2007



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Pictorial



Woy Woy Football at its best



Woy Woy Soccer Club home ground matches



Soccer team is Coast champion

The under-15 girls' soccer team from Umina campus of Brisbane Water Secondary College has won the Central Coast championship.

The team completed an "incredible run of success" with victories over Gosford, Terrigal, Northlakes and St Josephs, according to relieving college principal Mr Frank Gasper.

"The remarkable feature of this team's success is that most of the team are 12 and 13 years old, playing against older and much bigger opponents," Mr Gasper said.

"The tenacity and skill they have displayed in each game has amazed parents, teachers and neutral observers.

"Shana Jones has been the leading goal-scorer and midfield dynamo.

"Kate Styles has been

outstanding in getting around opponents on the wing.

"The Waddell sisters, Natasha and Letisha who both play for the 'Lightning' are just 12 years old and real stars of the future.

"Alison Howell has covered most of the ground in her tireless midfield role

"Lauren Podgar has been calm and effective in the heart of the defence.

"Natalie Biddle and Sarah Hewson, have played across the park as valuable utility players.

"Krystle Todhunter has played a key defensive role.

"Rachel Weir did a fine job in goals until missing the last two games.

"Taylor Woodbridge deputised very well in her absence after being on the field earlier.

"Jade DaSilva, Tammy Brown, Ellie McCallum and Tara Haley

have been the front line in taking it to the opposition defences and creating the scoring chances.

"Coach Tina Rennie has done a fine job in taking the team through each step of the competition."

Mr Gasper said their "magical run" finally came to an end, playing in the last 16 of the State, when Mackellar Girls held off a late second half "onslaught" on their goal to hang on for a 1-0 win.

"Almost the entire Brisbane Water Secondary College team will be eligible to play in this same competition next year," Mr Gasper said.

Press release, 9 Aug 2007

Frank Gasper,
Brisbane Water Secondary College



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Club mourns loss of member

Umina Beach Women's Bowling Club is mourning the loss of one of its long-time members, Mrs Avis Bullen, who died on July 21.

"A member since 1982, Avis was a keen bowler, winning many championships," publicity officer Ms Karen Brander said.

"During her 25 years at Umina, she held positions on social, selection and management committees, was a vice-president and president from 2002-2003.

"She was valued member, a kind and gracious lady who will be sadly missed by her many bowling friends."

Press release, 12 Aug 2007
Karen Brander, Umina Beach Women's Bowling Club

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